



Martin J. Chávez, Mayor

# City WellNews

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Insurance & Benefits Division

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## Is Coming!!

The City of Albuquerque and New Mexico Commission for the Blind are proud to announce the upcoming implementation of our healthy vending program throughout City of Albuquerque buildings. Fit Pick™ is a vending program designed to help consumers determine which vending machine choices are (at a minimum) lower in fat and sugar. Fit Pick™ provides a simple, ready-to-use system of vending machine stickers that identify vended products which meet a standardized set of nutrition guidelines.

### The Fit Pick™ guidelines are as follows:

- **Fit Pick™ nutritional criteria** are based on the dietary recommendations of the American Heart Association, the 2005 USDA Dietary Guidelines for Americans, and the Alliance for a Healthier Generation Guidelines for Competitive Foods.
- **Fit Pick™ utilizes attractive stickers** to identify the slots in a vending machine that contains Fit Pick™ qualified snack products. Larger clings and stickers provide further details regarding Fit Pick™ nutritional criteria.

- **Fit Pick™ labels represent two different categories** of nutritional criteria. The most commonly selected criteria for adults is 35-10-35 (no more than 35% of total calories from fat; no more than 10% of calories from saturated fat; and no more than 35% of total product weight from sugar.) Fit Pick also offers stickers and clings for products that comply with the Alliance for a Healthier Generation Guidelines for Competitive Foods. (For details, see Appendix D)

- **Fit Pick™ provides a recognizable identification system** that seamlessly crosses communities, county and state lines throughout the nation.

- **Fit Pick™ does not require any outright purchase** by vending sites, does not usually require changes to vending contracts unless desired, and is easily installed and maintained.

- **Fit Pick™ was developed** by the National Automated Merchandising Association (NAMA) and can be installed by most vending operators.

- **Fit Pick™ is part of the complimentary Balanced for Life™ campaign** offered by NAMA. Balanced for Life™ offers information, brochures, posters, games and other promotions to encourage a healthy, balanced lifestyle. Check it out at [www.balancedforlife.net](http://www.balancedforlife.net).

Look for this symbol in our vending machines when choosing your healthy snacks!



Source: <http://www.fitpick.org>

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## The Importance of Hand-Washing

### When to wash your hands

Washing hands:

- Often, especially during cold and flu ([influenza](#)) season, can reduce your risk of catching or spreading a cold or the flu.
- Before and after preparing or serving food reduces your risk of catching or spreading bacteria that cause food poisoning.
- Be especially careful to wash before and after preparing poultry, raw eggs, meat, or seafood.
- After going to the bathroom or changing diapers reduces your risk of catching or spreading infectious diseases such as [salmonella](#) or [hepatitis A](#).

### Wash your hands after:

- Touching bare human body parts other than clean hands and clean, exposed parts of your arms. Using the bathroom.
- Coughing, sneezing, or using a handkerchief or disposable tissue.
- Eating, drinking, or using tobacco (for example, smoking).
- Handling soiled kitchen utensils or equipment.
- Handling other soiled or contaminated utensils or equipment.
- Handling or preparing foods, especially after touching raw meat, poultry, fish, shellfish, or eggs.
- Changing diapers, handling garbage, using the phone, shaking hands, or playing with pets.

### Proper hand-washing

The Centers for Disease Control and Prevention recommend the following steps for handwashing:

- Wash your hands with hot running water and soap. Children should use warm running water.
- Rub your hands together for at least 20 seconds.
- Pay special attention to your wrists, the backs of your hands, between your fingers, and under your fingernails.
- Leave the water running while you dry your hands on a paper towel.
- Use a paper towel as a barrier between the faucet and your clean hands when you turn the water off. Hand-washing is a simple and effective way to help prevent diseases, such as colds, flu, and food poisoning.

If soap and water are not available, use [gel hand sanitizers](#) or alcohol-based hand wipes containing 60% to 90% ethyl alcohol or isopropanol. Most supermarkets and drugstores carry these products. Carry one or both with you when you travel, and keep them in your car or purse. If using the gel sanitizer, rub your hands until the gel is dry. You don't need to use water. The alcohol in the gel kills the germs on your hands.

Source: <http://www.webmd.com>

## Test your Knowledge about Germs:

1. How many germs are there on a hand at any given time?
  - a. 500
  - b. 50,000
  - c. 5,000
  - d. 50
2. The area in the home bathroom with the most germs is?
  - a. Sink
  - b. Bathtub
  - c. Shower
  - d. Door handle
3. A working adult touches how many objects in one minute?
  - a. 1 object
  - b. 7 objects
  - c. 30 objects
  - d. 15 objects
4. What spot in your office has the most germs?
  - a. Telephone
  - b. Desk
  - c. Doorknob
  - d. Toilet

Answers: 1=c, 2=a, 3=c, 4=a

Source: [www.simcoemusokahealth.org/Topics/Handwashing/Quiz.asp](http://www.simcoemusokahealth.org/Topics/Handwashing/Quiz.asp)

## Mayor's Monthly Green Tip

The average household spends ten to fifteen percent of its annual electricity bill on lighting.

In order to minimize lighting expenses, Install dimmer switches where dimmed lighting makes sense, like the dining room and hallways. Any lightbulb dimmed by 25 percent (including incandescents) will use roughly 20 percent less energy. Dimming one 75-watt incandescent by 25 percent for only 4 hours a day will save you 30 pounds of carbon over the course of the year. Start dimming around the house and watch the savings add up!

Source: <http://www.thegreenguide.com>

## Vegetable of the Month: Parsnip



Parsnips look like a pale carrot and are actually a relative of the carrot, celeriac, and parsley root. Commonly found in Europe, this root vegetable arrived to the United States with the colonists. Popular in the 19th and early 20th centuries for its celery flavor and nutty fragrance, this vegetable was often used in recipes that called for caloric decadence.

Parsnips are available year round with a peak from fall into spring. They are often displayed with the parsley root, so be sure you know which is a parsnip. Parsley roots are typically sold with their feathery greens whereas parsnips are sold by the root.

Select medium sized roots with uniform creamy beige skin. Avoid limp, pitted, or shriveled roots. Store parsnips unwashed wrapped in paper towel, placed in plastic, and store in the vegetable crisper of the refrigerator for about 2 weeks. Wash, peel, and trim parsnips as you would a carrot. If steaming, then the parsnips skins will slip off after cooking. If pureeing parsnips, then leave skins intact.

### Recipe: Cherry Pepper Salad

Makes 4 servings (½ cup servings each)

Each serving equals 1/2 cup of fruit or vegetables

#### Ingredients

2 medium parsnips, peeled and cut in ¾" x ¼" strips  
2 medium carrots, peeled and cut in ¾" x ¼" strips  
1 tsp olive oil  
1/8 tsp salt  
1/8 tsp black pepper

Place in steamer basket over boiling water and steam for 15 minutes, lifting cover periodically during steaming to release steam and acids that can contribute to bitterness. Check for desired tenderness at 15 minutes; cook longer if softer texture is desired.

Remove from steamer basket, empty water from pan, return parsnips and carrots to pan and season lightly with olive oil, salt and fresh ground pepper. Shake or stir gently to coat with seasonings.

Serve immediately or leave partially covered to conserve heat until ready to serve.

Source: [http://www.fruitsandveggiesmatter.gov/month/root\\_vegetables.html](http://www.fruitsandveggiesmatter.gov/month/root_vegetables.html)

## Holidays the Healthy Way

The holiday season means a lot of holiday gatherings with large amounts of food. During the holiday season we tend to eat and drink a lot more calories. As you enjoy the holidays, remember to eat in moderation and stay physically active. The holidays are in full swing, which means lots of family, fun...*and FOOD!* But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy eating plan. The key is balance and moderation. To avoid holiday weight gain, balance the calories you consume with the calories you burn. Physical activity and moderate food choices will help. The tips below are gifts you can give yourself and your family to maintain a healthy lifestyle.

### Let the Holiday Spirit Move You!

If you make your family time active, you will become healthier and have fun doing so. Be adventurous and try something new, but also choose something you enjoy.

- Stick to your regular exercise routine as much as possible. Especially during the holidays, plan your physical activity routine in advance don't leave it up to chance.
- Play some backyard football or Frisbee with children and adults before the big holiday dinner or during football half-time.
- Dance or exercise to your favorite holiday music.
- Make a New Year's resolution with friends to start a daily walking group.
- Be physically active to avoid or relieve the holiday stress.

### Healthy Holiday Eating

It's easy to overindulge during the holidays.

- Overcome the urge to overeat. Remember holiday parties are a time to celebrate with family and friends, not just food.
- Make sure to watch portion sizes and select one or two of your favorites from the host of tempting foods.
- Leave those extra calories behind — limit your intake of foods high in fat or added sugar.
- If you drink alcohol, do so in moderation.

### A Present Packed with a Colorful Variety

For a great holiday gift, try going to your farmer's market or grocery store and selecting fresh fruits and vegetables. Place all your tasty treats in a basket, and you have a present packed with tasty fruits and vegetables.

Source : [www.cdc.gov/Features/HealthyHolidays/](http://www.cdc.gov/Features/HealthyHolidays/)

## CALENDAR OF EVENTS

### SPECIAL EVENT

DATE: 12/2/08

TIME: 8:00 PM – 5:00 PM

PLACE: ALBUQUERQUE CONVENTION CENTER, WEST COMPLEX,  
SW EXHIBIT HALL

ONSITE EMPLOYEE MAMMOGRAPHY SCREENINGS

### SPECIAL EVENT

DATE: 12/3/08

TIME: 8:00 PM – 5:00 PM

PLACE: ALBUQUERQUE CONVENTION CENTER, WEST COMPLEX,  
SW EXHIBIT HALL

ONSITE EMPLOYEE MAMMOGRAPHY SCREENINGS

### SPECIAL EVENT

DATE: 12/4/08

TIME: 8:00 PM – 5:00 PM

PLACE: SOLID WASTE: EDITH, 4600 EDITH BLVD NE

ONSITE EMPLOYEE MAMMOGRAPHY SCREENINGS

### SPECIAL EVENT

DATE: 12/5/08

TIME: 8:00 PM – 5:00 PM

PLACE: AFD FIRE ACADEMY, 11500 SUNSET GARDENS SW

ONSITE EMPLOYEE MAMMOGRAPHY SCREENINGS

### Topics you would like us to discuss in City WellNews?

**Contact:**

**JD Maes**

**jmaes@cabq.gov 768-2921**

### Questions about Insurance & Benefits?

**Contact:**

**The Insurance & Benefits Office  
768-3758**

## Holiday Depression and Stress

The holiday season for most people is a fun time of the year filled with parties, celebrations, and social gatherings with family and friends. But for many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety.

### What Causes the Holiday Blues?

Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Typical sources of holiday sadness include

- stress
  - fatigue
  - Unrealistic expectations
  - financial stress
  - the inability to be with one's family and friends
- Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension. People who do not view themselves as depressed may develop stress responses, such as
- headaches
  - excessive drinking
  - Overeating

### Tips for coping with holiday stress and depression:

- Make realistic expectations for the holiday season
- Set realistic goals for yourself
- Pace yourself. Do not take on more responsibilities than you can handle
- Make a list and prioritize the important activities.
- Spend time with supportive and caring people.
- Live "in the moment" and enjoy the present.
- Look to the future with optimism.
- Don't set yourself up for disappointment and sadness by comparing today with the "good old days" of the past.
- If you are lonely, try volunteering some of your time to help others.
- Keep track of your holiday spending.

The City's Office of Employee Health promotes health and increases well being among City employees and their families by providing education and counseling about physical and mental health. Please call (505) 768-3080 for more information on the City's Office of Employee Health.

Source: <http://www.medicinenet.com>